

Ultimate Reset Approved Shakeology Recipes



- 100% Vegan
- Dairy free
- Lactose free
- Plant-based proteins
- Ideal for those who cannot tolerate whey protein, animal proteins, dairy, soy, or wheat/gluten



Kiwilicious

- Blend 1 serving Shakeology Tropical Strawberry, 1 cup distilled water, 1/2 cup frozen strawberries, and 1 kiwifruit peeled.

Tropical Breeze

- Blend 1 serving Shakeology Tropical Strawberry, 1 cup distilled water, 1/2 cup frozen strawberries, 1 orange peeled and divided in segments.

Fresca

- Blend 1 serving Shakeology Tropical Strawberry, 1 cup distilled water, 1 cup frozen watermelon chunks, and 1/2 cup frozen pineapple chunks.

Mixed Berry Delight

- Blend 1 serving Shakeology Tropical Strawberry, 1 cup rice milk (or distilled water), and 1 cup frozen berries.

Fruity Colada

- Blend 1 serving Shakeology Tropical Strawberry, 1 cup distilled water, and 1/2 cup frozen pineapple chunks.

WORKSHEETS COMPLETED BY:
COACH MIKE ROBERTS

TEAMRIGHTNOW.COM
TEAMRIGHTNOW@GMAIL.COM



Week 1 Snacks Ideas



1 small green apple + 12 raw almonds

170 calories / 8 g fat / 0.5 g saturated fat / 0 mg cholesterol / 0 mg sodium / 25 g carbohydrate / 7 g fiber / 3 g protein

1 to 2 cups raw veggies (carrots, broccoli, cauliflower, pea pods, bell peppers, etc.) + ¼ cup hummus OR ½ cup low-fat cottage cheese

185 calories / 6 g fat / 1 g saturated fat / 0 mg cholesterol / 290 mg sodium / 27 g carbohydrate / 9 g fiber / 8 g protein

½ cup cooked quinoa + 1/3 avocado

220 calories / 11 g fat / 1.5 g saturated fat / 0 mg cholesterol / 10 mg sodium / 25 g carbohydrate / 7 g fiber / 5 g protein

1 medium apple + 1 Tbsp. peanut butter or almond butter

180 calories / 8 g fat / 1 g saturated fat / 0 mg cholesterol / 60 mg sodium / 24 g carbohydrate / 3 g fiber / 4 g protein

1 cup berries + ¾ cup nonfat Greek plain or vanilla yogurt sprinkled with cinnamon

180 calories / 9 g fat / 1 g saturated fat / 0 mg cholesterol / 0 mg sodium / 22 g carbohydrate / 5 g fiber / 6 g protein

1 hard-boiled egg + 6 to 10 whole-grain crackers (100 calories total for crackers)

180 calories / 9 g fat / 1 g saturated fat / 0 mg cholesterol / 0 mg sodium / 22 g carbohydrate / 5 g fiber / 6 g protein

1 cup shelled organic edamame

180 calories / 9 g fat / 1 g saturated fat / 0 mg cholesterol / 0 mg sodium / 22 g carbohydrate / 5 g fiber / 6 g protein

3 celery stalks + 1½ Tbsp. peanut butter

180 calories / 9 g fat / 1 g saturated fat / 0 mg cholesterol / 0 mg sodium / 22 g carbohydrate / 5 g fiber / 6 g protein

WORKSHEETS COMPLETED BY:
COACH MIKE ROBERTS

TEAMRIGHTNOW.COM
TEAMRIGHTNOW@GMAIL.COM



Week 2-3 Snacks Ideas



1 1/4 cups baby carrots + 1/3 avocado

170 calories / 10 g fat / 1.5 g saturated fat / 0 mg cholesterol / 80 mg sodium / 21 g carbohydrate / 8 g fiber / 3 g protein

1 large apple + 1/2 cup blueberries (or other berries)

170 calories / 0 g fat / 1 g saturated fat / 0 mg cholesterol / 0 mg sodium / 45 g carbohydrate / 7 g fiber / 2 g protein

2 servings Miso Soup

220 calories / 2.5 g fat / 0 g saturated fat / 0 mg cholesterol / 3150 mg sodium / 38 g carbohydrate / 3 g fiber / 9 g protein

salad dressing

190 calories / 5 g fat / 1 g saturated fat / 0 mg cholesterol / 340 mg sodium / 31 g carbohydrate / 6 g fiber / 5 g protein

1 cup berries + 3/4 cup corn

170 calories / 1.5 g of fat / 0 g saturated fat / 0 mg cholesterol / 0 mg sodium / 40 g carbohydrate / 6 g fiber / 4 g protein

1/2 serving of Carrot-Seaweed Medley

170 calories / 9 g fat / 1 g saturated fat / 0 mg cholesterol / 220 mg sodium / 18 g carbohydrate / 8 g fiber / 6 g protein

WORKSHEETS COMPLETED BY:
COACH MIKE ROBERTS

TEAMRIGHTNOW.COM
TEAMRIGHTNOW@GMAIL.COM

